



St. Michael's School

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Dear Parents,

St. Michael's School has dedicated every Wednesday as a "Waste-Free Day". On our "Waste-Free Days", students will be asked to bring snacks and lunches that include as many items as possible that can be eaten, reused, or recycled and as few items as possible that must be thrown away.

You can help your child pack his or her waste-free snack and lunch by including only what your child can eat, using reusable containers or bags, or buying non-perishable foods in bulk. In planning your child's waste-free snack and lunch, remember: if you pack any items that need refrigeration make sure you include a reusable ice pack to keep the items fresh.

Waste-Free Lunch Tips

Include:

- Sandwiches in reusable containers
- Whole fruits without packaging
- Drinks in containers that can be reused, such as a thermos, or recycled, such as a can
- Snacks purchased in bulk and brought in reusable containers
- Reusable ice packs

Don't Include:

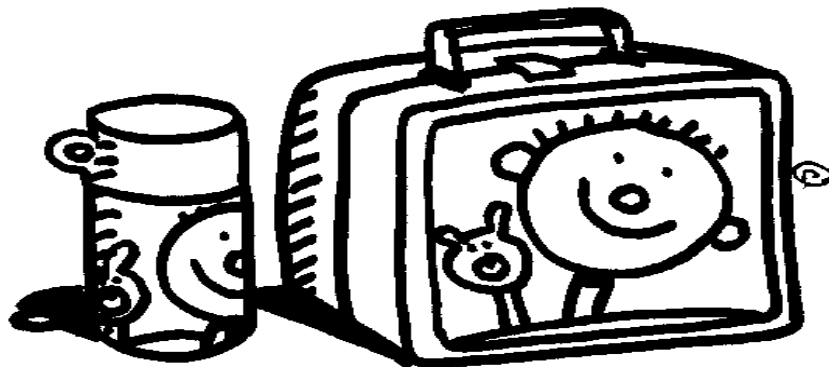
- Individually wrapped snacks
- Plastic baggies that are not reusable
- Disposable forks and spoons
- Straws

And don't stop at just one day a week of packing waste-free! Pack your child a waste-free snack and lunch every day and pack your own waste-free snack and lunch for work.

Thank you for your support, and please help St. Michael's School make our "Waste-free Wednesdays" a success! For more information on waste-free snacks and lunches please visit www.epa.gov/epaoswer/education/lunch.htm.



- Get children to help pack their lunches with healthy foods.
- Only pack as much food as your child will eat.
- Use a reusable lunch bag/box for carrying a lunch.
- Label all containers so they have a better chance of coming home.
- Use a refillable bottle for drinks – it's cheaper and kids can save drinks for later! Avoid drinks in packaging that cannot be re-sealed. After a few sips, drinks are often discarded.
- Use a thermos for cold drinks or hot soups.
- Put sandwiches, muffins, etc. in 'Tupperware'-style containers, instead of plastic bags or plastic wrap.
- Re-use plastic margarine tubs or yogurt containers for veggies & trail mix.
- Avoid pre-packaged, single-serving portions of snacks or drinks.
- Cut up big items so your kids have food for after-school snacking or recess.
- Put re-usable cutlery and napkins in your child's lunch box.
- Prepare extra food at dinnertime and use the leftovers for lunches.
- Minimize the morning rush (when you'll reach for the convenient, over-packaged items) by packing lunches the night before and refrigerate overnight.
- Include fresh fruit and vegetables for a healthy lunch!



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